

# Therapeutic Recreation

## PROGRAM GUIDE

Program & Registration Information for:  
**2015/2016 Fall & Winter**



**...find out who we are!**

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## TR Fall & Winter Program Guide 2015-2016

Happy September! Fall is almost here, and I'm sure that all of you are looking forward to cooler weather and our fall and winter programs that we have to offer you. Please take the time to review our new program guide and all of the great opportunities for recreation, leisure, and family advocacy and training. **Remember that all of our CRC recreation centers are inclusive and that you can participate at any of our centers with your CRC Membership.** As we often do, we have added some new programs, outings, and opportunities for you and your family. The choice of how and when to participate is entirely up to you!

We will celebrate our fourth year anniversary at the LeBlond RecPlex in December of 2015. If you have not had a chance to stop by and see our beautiful location on the Ohio River, please do so!

Regards,

*Alayne M. Kazin, CTRS*

Alayne M. Kazin, CTRS  
Service Area Coordinator, Division of Therapeutic Recreation  
Cincinnati Recreation Commission  
(513) 352-4945

## GET ACQUAINTED! With our Full-Time Staff!



**Alayne M. Kazin, CTRS, M.A.**  
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# Cincinnati Recreation Commission

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## 2015-2016 Annual Membership Fees

**All individuals who register and participate in our  
Therapeutic Recreation and Center Programs must have a valid  
Cincinnati Recreation Commission Center Membership**

### **Membership Benefits**

- Entry to **all** CRC Recreation Centers
- Access to activities and programs advertised as “free with membership”
- Valid for 12 months from the date of purchase

### **2015-2016 Annual Membership Fees**

- Juniors (ages 17 and younger)     \$2 All Centers
- Adults (ages 18-49)                     \$25 All Centers
- Seniors (ages 50 and older)         \$10 All Centers

***Please Note: Separate fees apply for certain programs, fitness cards, and pool cards.***

- Fitness Center at                             \$20/Quarter  
  LeBlond RecPlex                             \$70/Annual  
   \$5/Day

You will notice that this membership fee information has been included on our **Program Registration Form** to assist you in calculating your total fee. If you already have a CRC membership card, you can enter your membership number, and you are ready to begin!

**When you pay the membership fee, we will send you a CRC Center Membership Card in the mail—it’s just that easy!** If you would like to be considered for a Center Membership Scholarship, please turn to page 9 for instructions on how to do so.

The following Therapeutic Recreation Programs will be exempt from needing a membership card:

- TR Bowling at Brentwood Bowl
- TR Sharks Inclusive Swim Team at the U.C. Keating Aquatic Center
- TR Summer Day Camp (fee includes the cost of center and pool memberships)

If you have any questions regarding our policy requiring membership, please feel free to contact Alayne Kazin at (513)352-4945.

# Cincinnati Recreation Commission

## *Division of Therapeutic Recreation*

The Cincinnati Recreation Commission's Division of Therapeutic Recreation offers a continuum of leisure services for individuals with disabilities that promote a healthy lifestyle as well as the opportunity to participate in high-quality recreational and cultural experiences in the community. As advocates for individuals with disabilities, we provide inclusive and therapeutic recreation programming choices and promote accessibility at all CRC facilities. Many of our full-time CRC Therapeutic Recreation program staff are Certified Therapeutic Recreation Specialists (CTRS).

### **Inclusion Support Services**

We provide a consultative approach to supporting individuals with disabilities in all CRC programs and facilities. Our goal is to provide opportunities for inclusion that reduce the physical, programmatic and attitudinal barriers. In addition to providing support to CRC facilities, we act as a resource to our community in areas such as advocacy, disability awareness and disability training.

### **Therapeutic Recreation Services**

We implement goal-oriented programs for individuals with disabilities which promote a healthy lifestyle as well as provide exposure to cultural experiences in the community. Our programs encourage the development of physical, social, emotional, and cognitive skills to enhance the quality of life, while preparing each person for leisure involvement in their community through the delivery of:

- Programs for persons with cognitive impairments
- Programs for persons with physical impairments

### **What is a CTRS?**

A Certified Therapeutic Recreation Specialist (CTRS) has acquired a body of knowledge including theory, philosophy, and practice that spans a wide range of disabling conditions and illnesses. When that knowledge is applied, the CTRS addresses the total person and the associative life factors that may apply to their specific disability or illness.

Professional recognition is granted by National Council for Therapeutic Recreation Certification to individuals who apply and meet established specific standards for certification which include education, experience, and continuing professional development. The CTRS certification is granted after those specific qualifications have been met and the candidate has successfully completed the national computerized certification exam.

### **Our Programs**

The programs identified in this guide are designed to meet the needs and interests of individuals with intellectual, physical, learning, and emotional disabilities. While some programs can accommodate participants of varying levels of ability, other programs have specific skill requirements due to the nature of the activities. Specific skill requirements, if necessary, are included in the program descriptions. If you have questions about a program or level of assistance provided, please contact any of the TR Staff listed on page two.



*Recreation programs and facilities are open to all citizens regardless of race, gender, color, religion, nationality or disability. CRC is an Equal Opportunity Employer and is committed to supporting the Americans with Disabilities Act. Please call in advance if you require special accommodations.*



# Inclusion and Accommodations

Individuals with disabilities are not limited to therapeutic recreation services. If you are looking to add a little flavor to your leisure lifestyle . . . try your hand at Inclusion! In addition to our therapeutic recreation programs, individuals with disabilities are welcome to participate in any Cincinnati Recreation Commission program through our Inclusion Services.

## What is Inclusion?

Inclusion is defined as individuals with and without disabilities participating in recreational activities together.

## Inclusion Support Services

The TR Division's "Inclusion Team" was created to assist CRC's recreation center staff with accommodations, education, and materials to aid them in including individuals with disabilities in their programs and activities.

## Types of Accommodations

- Changes in Rules and/or Policies
- Assistance with ADLs (activities for daily living)
- Architectural Changes
- Adaptive Equipment
- Increased Supervision
- Behavior Supports
- Training for Staff
- Boardmaker Tools for Communication



## How to Request an Accommodation

If you feel an accommodation is beneficial or necessary, please request an Accommodation and Assessment Form at the time of registration at the recreation center. This document is used to formally request additional assistance you may require.

## Inclusive Programs for 50+

The Therapeutic Recreation Division is working with the Senior Division to include individuals with disabilities and/or arthritis into all CRC programs. CRC's Senior Division provides services for individuals who are 50 or older. If you are interested in participating in these programs, the Therapeutic Division staff will work with the Senior Division staff to provide the accommodations needed for you to successfully participate. The Senior Division offers an array of programming—Senior Olympics, line dancing, art classes and outings. Programs are available at 16 recreation centers across the city—typically providing services during the daytime hours. These programs are developed for seniors without disabilities; therefore, there is a level of independence needed to participate. Accommodations could include changes in rules or policies, assistance with ADLs (activities for daily living), adaptive equipment, and increased supervision and training for staff. We hope you will consider participating in some of these great programs!

**Please call Adam at (513)352-4629 if you have any questions about our Inclusion Services!**

## Accommodations Get The Job Done!

# Family Education and Advocacy

## Non-Violent Crisis Prevention Training for Families

**We Would Like To Offer Non-Violent Crisis Prevention Training For Family Members.** The emphasis on this training is on early intervention and nonphysical methods for preventing or managing disruptive behavior. **This training is for Family Members Only** (18 years of age and older).

**In this training, we will cover the following information:**

- How to identify behaviors that could lead to a crisis.
- How to most effectively respond to each behavior to prevent the situation from escalating.
- How to use verbal and nonverbal techniques to defuse hostile behavior and resolve a crisis before it becomes violent.
- How to cope with your own fear and anxiety.
- How to use CPI's Principles of Personal Safety to avoid injury if the behavior becomes physical.
- When it is appropriate to physically intervene.
- How to assess the physical and psychological well-being of those involved in a crisis.
- How to safely and effectively control and transport an individual.
- How to maintain rapport with the individual who is acting out.
- Key steps for debriefing after a crisis.

### **Non-Violent Crisis Prevention Training**

Ages:	18 and Older
Date:	Saturday, January 16, 2016
Time:	8:30 am – 5:30 pm ( <i>includes a one hour lunch break</i> )
Program Location:	LeBlond RecPlex 2335 Riverside Drive, 45202
Program Code:	CPI2016
Maximum Participants:	20
Program Fee:	\$15 (for the cost of the workbook)
Contact Person:	Kristen (513)352-4055

# Family Education and Advocacy

## CPR and First Aid Training for Families

We all know that accidents happen to us, our family, our friends, and community members at the worst and most unexpected times. Being prepared for these events is critical and our response and reactions to these events could make the difference in saving people's lives. Here at the Cincinnati Recreation Commission's Division of Therapeutic Recreation, we want to make sure that our families are prepared and ready to take on these challenges with confidence and resolve. Join us for the day as we get certified in CPR/First Aid and AED Defibrillation. This eight-hour class will give you the tools and the know-how to save the lives of the ones you love.

### CPR and First Aid Training

Ages:	18 and Older
Date:	Saturday, January 23, 2016
Time:	8:30 am – 5:30 pm <i>(includes a one hour lunch break)</i>
Program Location:	LeBlond RecPlex 2335 Riverside Drive, 45202
Program Code:	CPRFA16
Maximum Participants:	20
Program Fee:	\$50
Contact Person:	Adam (513)352-4629

## Leisure Counseling and Education

Come join us in a tour through our Fall and Winter Program Guide. Our staff can help you navigate the program guide's vast offerings and find the right programs and services for you, your family member, or the individuals you serve in your agency. Leisure counseling involves assessing a participant's past, existing or prospective hobbies, activities and interests for broad therapeutic purposes. Let us help find the most fun and exciting offerings to fit your needs!

### Leisure Counseling and Education

Ages:	18 and Older
Days/Time:	By Appointment
Program Location:	LeBlond RecPlex 2335 Riverside Drive, 45202
Program Code:	LCE15
Program Fee:	<b>FREE!</b>
Contact Person:	Kristen (513)352-4055

# Family Education and Advocacy

## Understanding the Americans with Disabilities Act And Your Rights in Community Recreation

Programmatic accessibility is one of the key elements of the Americans with Disabilities Act and allows all individuals with disabilities to benefit from all City services, programs, and benefits offered to the public. In order for all City programs and services to be “accessible to and usable by people with disabilities” as mandated by the ADA, sometimes reasonable accommodations must occur. It is important to know your rights as an individual or as a parent of a child with a disability in regards to recreation/leisure and inclusion services. Please join us for an informative presentation with snacks and get more information on how to get the most out of recreation in the Cincinnati community and surrounding areas.

### Americans with Disabilities Act

Ages:	18 and Older
Date:	Wednesday, February 3, 2016
Time:	6:30 – 8:00 pm
Program Location:	LeBlond RecPlex 2335 Riverside Drive, 45202
Program Code:	ADA16
Program Fee:	<b>FREE!</b>
Contact Person:	Kristen (513)352-4055





# Support and Scholarship Information

## **Support Our Services!**

The Division of Therapeutic Recreation provides several opportunities for you to show your support for the services we provide to the community! Without the support of our constituents, our programs and services are limited. If you are committed to pledging your support to the programs and services provided by the Division of Therapeutic Recreation, we ask that you explore one of the opportunities listed below . . .

## **Sponsorship**

TR implements many programs for a variety of populations (ages and disabilities). We offer several special events throughout the year that businesses, corporations and organizations could choose to provide sponsorship for. As a potential sponsor, you could receive additional recognition for the funding provided for a special event.

## **Donations**

Financial or in-kind donations are always welcome! Contributions made to the Cincinnati Recreation Foundation are tax deductible to the maximum amount allowable by the law. The CR Foundation is a 501c3 non-profit organization whose purpose is to aid and improve the quality of life for Cincinnati citizens. These tax-deductible donations give the Foundation an opportunity to supplement current services and to provide an immediate impact to the City of Cincinnati. By donating to the Cincinnati Recreation Foundation, you are able to identify what you would like the funds to be spent on. If you are interested in making a monetary donation to the Division of Therapeutic Recreation, please make checks payable to the Cincinnati Recreation Foundation. Checks should be mailed to 805 Central Avenue, Suite 800, Cincinnati, Ohio 45202. Please specify you are making a donation to the Division of Therapeutic Recreation. For more information, please call Alayne at (513)352-4945.

## **Volunteer**

The Division of Therapeutic Recreation needs volunteers to assist our staff with programming! There are many opportunities to volunteer! Whether it is an ongoing program or a special event, we are always in need of assistance to provide individualized attention to those we serve. Volunteers must be at least 14 years of age. If you would like more information on volunteer opportunities and/or a volunteer application, please call us at (513)352-4028.

## **Scholarship Fund**

The Division of Therapeutic Recreation is proud to offer a scholarship fund to assist participants who may need financial assistance with program registration fees for the TR programs that we offer. Please request a scholarship application form by calling the office at (513)352-4028. **If you are interested in contributing to the scholarship fund, please contact Alayne at (513)352-4945!**

## **Thank You To Our Sponsors!**

We want to take the time to send sincere thanks out to those individuals and organizations that provide sponsorship and funding to the Division of Therapeutic Recreation. Many of our current programs could not be implemented without the financial assistance of the following individuals and/or organizations:

Ability Experience – Journey of Hope  
Boiman & Meyers  
Cincinnati Recreation Foundation  
City of Cincinnati  
Envision  
First Financial Bank  
Greater Cincinnati Foundation  
Impact for Health  
LaRosa's  
Robert W. Baird & Co.  
Spina Bifida Coalition of Cincinnati  
US Paralympics

Billy Casper Golf  
Character & Courage Foundation  
Cincinnati Reds Community Fund  
Elder High School  
Fantasy Baseball Camps - Jeremy Flug  
Great American Insurance  
Green Diamond Gallery  
Kid Glove  
Mount Saint Joseph University  
Rotary Club of Cincinnati  
State Farm - Dennis Howard  
Walk of Joy

# Adapted Aquatics and Instructional Swim Programs

Our year-round, warm water swimming pools are located at the Mt. Auburn Recreation Center and the U.C. Keating Aquatic Center. Our Mt. Auburn facility is accessible, with accessible parking, showers, toilet stalls, and an assisted dressing room. Several water entries and exits are available, including a pool chair lift and “easy ladder” with hand railings. The water temperature is maintained at a comfortable 87 degrees in the winter, and 86 degrees in the summer. The Keating Aquatic Center Pool at the U.C. Campus Recreation Center is an Olympic sized pool that is equipped with a chair lift, a moveable bulkhead and fixed blocks for diving. The water temperature for this pool is kept at a cooler 82 degrees, which is conducive for lap swimming.

## Adapted Aquatics Learn to Swim Program

Our Adapted Aquatics Program is coordinated by **Cecille A.B. Domingo-Jones, CTRS, CDSS**. She and a core team of qualified and experienced instructors are committed to creating positive aquatic experiences for all ages and ability levels.

Our individualized Adapted Aquatics Program is designed to include all ability levels by incorporating the Red Cross Swim Progression and the TR Sequential Swim Progression for individuals with physical, neurological, developmental, and cognitive impairments. Participants, ages three and older, are taught swim skills, water safety and independence. Children and adults can be successfully included in traditional swim programs if they are introduced to the water with positive experiences, dedicated staff, and structured lessons allowing for maximum attention. When enrolled in our Adapted Aquatics Program, swimmers learn American Red Cross Aquatics Levels I, II, and III swim skills—while the ultimate goals include:

- Participation in traditional, inclusive swim lesson programs
- Competitive/Non-Competitive participation on the TR Sharks Swim Team or other swim team in the community
- Safe, independent play in the water

Each swimmer receives individualized, progressive strategies and teaching methods that make learning achievable, sensory integrative, and fun for all. We allow for specific learning types and considerations while structuring lessons and will provide visual, auditory, and sensory stimulation based on the needs of the individual. Lessons are offered on Tuesdays, Thursdays, and Saturdays.

## Adapted Aquatics Registration/Payment

**Before participating in our programs, each person must have a valid CRC Center Membership.** Families unable to pay for all four swim sessions all at once may ask to be placed on our payment plan. In order to reserve a spot(s), participants must pay \$25 for each session they wish to attend. **Full payment for each session must be received one week before each session begins.** Failure to meet this requirement will result in the participant losing their spot to another participant on the waiting list. The \$25 reservation fee will not be refunded if we are unable to fill that spot. We are more than willing to work with families in these tough economic times, but we also want to ensure that new swimmers are able to register for our programs.

**Payment will not be accepted at the program site.** Please visit us, call us with your credit card payment, or mail your payments and program registration forms to CRC's Main Office at: Cincinnati Recreation Commission, Division of Therapeutic Recreation, 805 Central Avenue, Suite 800, Cincinnati, Ohio, 45202. Please indicate your preferred day(s), time(s) and program code(s) on the Program Registration Form.

- **Participants who “drop out” of the program that they registered for less than seven days before the start date will forfeit their program payment.**
- **There will be no “make-ups” for missed swim lessons.**
- **Confirmations will be mailed and will include the participant’s swim day, time, address to the pool, and directions from I-71. If the swimmer is new to our program, please make arrangements to drive by the pool before the first lesson, as the location can be difficult to see from the road.**

TR Aquatics programs accept Level 1 and I/O Medicaid Waivers as program payment. To use the waiver as payment for our programs, please contact your Service Facilitator to indicate interest in using those funds for this purpose. Your Service Facilitator should contact Alayne Kazin to begin the waiver process. We encourage participants to sign up for multiple sessions at one time, to minimize paperwork and the chance of losing a spot in a desired time slot. There are two spots available for waiver participants in each of the Tuesday and Thursday time slots, and three spots available in each time slot on Saturdays. **If you are using a waiver for program payment, attendance is very important. Please know that if you miss two lessons in a session, you will be dropped from the current session, and may not be able to use the waiver for payment of future sessions.**

# Adapted Aquatics Learn to Swim Program

## Splash Pass!

Sign up for all four swim sessions with a \$25 deposit for each session! We highly encourage this if you want to make sure that you don't miss your preferred spot.

### Fall Session

Ages: 3 and Older  
Days/Times: Tuesdays: 4:30 – 5:10 pm  
5:15 – 5:55 pm  
6:00 – 6:40 pm  
**Code: AATF15**  
Thursdays: 4:30 – 5:10 pm  
5:15 – 5:55 pm  
6:00 – 6:40 pm  
**Code: ATHF15**  
Saturdays: 10:00 – 10:40 am  
10:45 – 11:25 am  
11:30 am – 12:10 pm  
12:15 – 12:55 pm  
**Code: AASF15**  
Begin/End: September 8 – October 17  
**Cancellations: None**  
Program Location: Mt. Auburn Pool  
Program Fee: \$100  
Contact Person: Cecille (513)352-4056

### Winter Session

Ages: 3 and Older  
Days/Times: Tuesdays: 4:30 – 5:10 pm  
5:15 – 5:55 pm  
6:00 – 6:40 pm  
**Code: AATW16**  
Thursdays: 4:30 – 5:10 pm  
5:15 – 5:55 pm  
6:00 – 6:40 pm  
**Code: ATHW16**  
Saturdays: 10:00 – 10:40 am  
10:45 – 11:25 am  
11:30 am – 12:10 pm  
12:15 – 12:55 pm  
**Code: AASW16**  
Begin/End: February 2 – March 12  
**Cancellations: None**  
Program Location: Mt. Auburn Pool  
Program Fee: \$100  
Contact Person: Cecille (513)352-4056

### Spring Session

Ages: 3 and Older  
Days/Times: Tuesdays: 4:30 – 5:10 pm  
5:15 – 5:55 pm  
6:00 – 6:40 pm  
**Code: AATS16**  
Thursdays: 4:30 – 5:10 pm  
5:15 – 5:55 pm  
6:00 – 6:40 pm  
**Code: ATHS16**  
Saturdays: 10:00 – 10:40 am  
10:45 – 11:25 am  
11:30 am – 12:10 pm  
12:15 – 12:55 pm  
**Code: AASS16**  
Begin/End: March 22 – April 30  
**Cancellations: None**  
Program Location: Mt. Auburn Pool  
Program Fee: \$100  
Contact Person: Cecille (513)352-4056

### Summer Session

Ages: 3 and Older  
Days/Times: Tuesdays: 4:30 – 5:10 pm  
5:15 – 5:55 pm  
6:00 – 6:40 pm  
**Code: AATSU16**  
Thursdays: 4:30 – 5:10 pm  
5:15 – 5:55 pm  
6:00 – 6:40 pm  
**Code: ATHSU16**  
Saturdays: 10:00 – 10:40 am  
10:45 – 11:25 am  
11:30 am – 12:10 pm  
12:15 – 12:55 pm  
**Code: AASSU16**  
Begin/End: May 31 – July 9  
**Cancellations: None**  
Program Location: Mt. Auburn Pool  
Program Fee: \$100  
Contact Person: Cecille (513)352-4056

#### \*Center Membership Fees:

Juniors (ages 17 and younger) \$2  
Adults (ages 18-49) \$25  
Seniors (ages 50 and older) \$10

# Adapted Aquatics Learn to Swim Program

## FREE Parent Learn to Swim Program!

In offering aquatic programs that focus on safety in and around the water, we would like to extend **FREE Swim Lessons to parents/guardians of participants who are enrolled in our Adapted Aquatics Program!** Our swimmers will be safer when their parents feel comfortable and safe in the water as well, as this opportunity will help parents to continue our work by reiterating skill practice during leisure swim times. The free lessons will have a small group format and take into consideration the parents' current level of swim ability and comfort in the water. **Lessons will be offered during the same swim time for your child, and prompt registration will ensure lessons based on availability of instructors.** There may be instances where the parent may not have a lesson due to the unavailability of extra staff. Participants will get staffed first, and then parents will be assigned an instructor if one is available.

Parents who wish to participate in this Learn to Swim Program must have a current CRC **Center Membership**. Membership fees are as follows: Juniors (ages 17 and younger) \$2, Adults (ages 18-49) \$25, and Seniors (ages 50 and older) \$10. For additional information regarding **Center Membership Benefits**, please see page three of this program guide.

**Swimming improves your health and fitness . . .  
and it's fun too!!!**





# TR Sharks Inclusive Swim Team

This program is for advanced swimmers, ages six and older, that are typically developing, or that have cognitive and/or physical disabilities. Swimmers must be able to swim the length of the pool on front and back, and work in small groups of three – five. Each swimmer will be evaluated on the first night of practice, and if they do not meet the skill requirements, they will be offered an opportunity to swim in our Adapted Aquatics Program. Our Swim Team Program will offer participants lap swimming and stroke refinement. All participants will be encouraged to practice for the Special Olympics, Paralympics, and USA Swim Meets! This fun program is a great opportunity for swimmers to continue to perfect their skills and to improve their fitness! **Participation in swim meets may require an additional fee.**

**Parking passes will be available to purchase for each session. Passes may be purchased at the U.C. Recreation Center Front Desk for \$20 per month. Please call (513)556-0382 with any questions regarding parking at the University of Cincinnati.**

## **TR Sharks Fall Session**

Ages: 6 and Older  
Days: Tuesdays and Thursdays  
Begin/End: September 8 – December 10  
**Cancellations: Week of Thanksgiving**  
Time: 7:00 – 8:30 pm  
Program Location: U.C. Keating Aquatic Center  
Program Code: STF15  
Max. # Swimmers: 30  
Program Fee: \$200  
Contact Person: Cecille (513)352-4056



## **TR Sharks Winter/Spring Session**

Ages: 6 and Older  
Days: Tuesdays and Thursdays  
Begin/End: February 2 – April 28  
**Cancellations: None**  
Time: 7:00 – 8:30 pm  
Program Location: U.C. Keating Aquatic Center  
Program Code: STWS16  
Max. # Swimmers: 30  
Program Fee: \$200  
Contact Person: Cecille (513)352-4056



# Arthritis Aquatics

The Arthritis Aquatics Program is designed to allow individuals with arthritis to exercise in a supportive, low resistance environment. Water is a safe, ideal environment for relieving arthritis pain and stiffness. Arthritis Aquatics allows you to exercise without putting excess strain on your joints and muscles. We provide a friendly and supportive atmosphere in which you can make new friends and try new activities. This social interaction can help decrease feelings of depression and isolation. Progress in the aquatic activities can lead to independence and improved self-esteem. The gentle activities in warm water, with guidance from a trained instructor, will help you gain strength and flexibility.

**Please consult your physician prior to registration. People with severe or multiple joint problems or those who have had joint surgery are encouraged to talk with their doctors regarding any special precautions or limitations.**

## Guidelines to Participate

- Have functional and comfortable shoulder and elbow motion.
- Able to tolerate 5 minutes of movement in the water, or 15 minutes standing or walking on land without excessive pain, fatigue, or shortness of breath.
- Require no more than minimal assistance to enter or exit the pool.
- Feel comfortable and confident in the water.

### Fall Session

Ages: 18 and Older  
Days/Times: Mondays: 5:30 – 6:30 pm  
Tuesdays: 3:00 – 4:00 pm  
Wednesdays: 5:30 – 6:30 pm  
Fridays: 1:00 – 2:00 pm  
Begin/End: September 8 – December 18  
**Cancellations: Monday, November 11, Week of Thanksgiving**  
Program Location: Mt. Auburn Pool  
Program Code: ARF15  
Program Fees: \$40 (10 classes)  
\$72 (20 classes)  
Contact Person: Cecille (513)352-4056

### Winter Session

Ages: 18 and Older  
Days/Times: Mondays: 5:30 – 6:30 pm  
Tuesdays: 3:00 – 4:00 pm  
Wednesdays: 5:30 – 6:30 pm  
Fridays: 1:00 – 2:00 pm  
Begin/End: February 1 – March 11  
**Cancellations: Monday, February 16**  
Program Location: Mt. Auburn Pool  
Program Code: ARW16  
Program Fees: \$40 (10 classes)  
\$72 (20 classes)  
Contact Person: Cecille (513)352-4056

### Spring Session

Ages: 18 and Older  
Days/Times: Mondays: 5:30 – 6:30 pm  
Tuesdays: 3:00 – 4:00 pm  
Wednesdays: 5:30 – 6:30 pm  
Fridays: 1:00 – 2:00 pm  
Begin/End: March 21 – May 20  
**Cancellations: None**  
Program Location: Mt. Auburn Pool  
Program Code: ARS16  
Program Fees: \$40 (10 classes)  
\$72 (20 classes)  
Contact Person: Cecille (513)352-4056

**\*Center Membership Fees: Adults (ages 18-49) \$25  
Seniors (ages 50 and older) \$10**

# Therapeutic Recreation Adapted Sports

## Our Purpose

To provide recreational programs for person's with **physical disabilities** that allow the participant to have opportunities to learn new leisure activities, challenge themselves, make new friends, and build their self-confidence—overall, enhancing their overall quality of life.

## Our Programs

Our activities throughout the year include . . . **Football, Basketball, Golf, Bowling, Tennis, Strength Training, Handcycling, Goalball, and Adapted and Arthritis Aquatics.**

## Our Staff

The Therapeutic Recreation leadership team has over 50 years of experience working with people with disabilities in a variety of settings. Most of our leaders have their degree in Therapeutic Recreation and hold a certification in Therapeutic Recreation—which requires a continuing education to maintain. They are professional, fun to be around, and most importantly, hold the safety of all CRC-TR participants in the highest regard.

## Our Participants

The team prides themselves in being able to meet the needs of most individuals. Through participant assessments, the staff does what they can to meet the needs of anyone wanting to participate in our programs. With a little duct tape and some imagination, they can do amazing things! There will be times however, when circumstances prohibit participation for some individuals. Since you won't know unless you try, come on out and have some fun!

*For additional information, please contact Adam at (513)352-4629 or [adam.ayers@cincinnati-oh.gov](mailto:adam.ayers@cincinnati-oh.gov).*

**Like us on Facebook for more information about events, news, and adapted sports opportunities at**



**[www.facebook.com/CincinnatiParalympicSportsClub](https://www.facebook.com/CincinnatiParalympicSportsClub)**





# Therapeutic Recreation Adapted Sports

*The programs listed on the following four pages are available for participants with physical disabilities and visual impairments, beginner to advanced skill levels.*

## The Paralympic Sports Club Pass

By registering for the Paralympic Sports Club Pass, it enables you to pay one fee, and have the ability to participate in our **Wheelchair Basketball, Wheelchair Football, and our Handcycling Program** (Handcycling space is limited). Once you have purchased your membership to our Center, you can pay \$25 for the PSC Pass that is valid for the fall, winter, and spring months. **It is a great buy for sports enthusiasts who like participating in a little bit of everything!**

## Handcycling

Come out and ride handcycles with a group of individuals that have physical disabilities. Space is limited in this program since we have a limited amount of handcycles. We will ride around the Lunken Airport's Bike Trail, enjoying the scenery and fresh air while actually participating in a Paralympic Sport. Please call Adam before registering to assure that there is space available in the program.

### Fall Session

Ages:	18 and Older
Day:	Mondays
Begin/End:	August 17 – November 2
<b>Cancellations:</b>	<b>None</b>
Time:	10:00 am – Noon
Program Location:	Lunken Playfield
Program Code:	FHC15
Program Fee:	*PSC Pass = \$25
Max. # Participants:	6
Registration Deadline:	Friday, August 7
Contact Person:	Adam (513)352-4629

<b>*Center Membership Fees:</b>	<b>Adults (ages 18-49) \$25</b>
	<b>Seniors (ages 50 and older) \$10</b>



# Get Fit with CRC!



# Therapeutic Recreation Adapted Sports

## Adapted Strength Training Group

**Join us at Corryville Recreation Center to get FIT!** This facility hosts fully accessible weight machines for those individuals that use a wheelchair for more mobility. The program provides an on-site trainer to introduce participants to the equipment, and to help with adapting exercises for individuals with disabilities. **There are three time slots available for registration, and we are only accepting four participants per time slot.** Please choose from the time slots listed below, and specify on your registration form what time you would like to participate. Please contact Adam with additional questions.

	Fall	Winter
Ages:	14 and Older	14 and Older
Days:	Mondays and Wednesdays	Mondays and Wednesdays
Begin/End:	September 21 – December 16	January 11 – March 14
<b>Cancellations:</b>	<b>Wednesday, November 11</b>	<b>Monday, February 15</b>
Time:	4:00 – 7:00 pm <b>4-5 pm, 5-6 pm, 6-7 pm</b>	4:00 – 7:00 pm <b>4-5 pm, 5-6 pm, 6-7 pm</b>
Program Location:	Corryville Center	Corryville Center
Program Code:	FAST15	WAST16
Program Fee:	\$25	\$25
Maximum Participants:	12 (4 per time slot)	12 (4 per time slot)
Registration Deadline:	Friday, September 18	Wednesday, December 30
Contact Person:	Adam (513)352-4629	Adam (513)352-4629
<b>*Center Membership Fees:</b>	<b>Juniors (ages 17 and younger) \$2</b> <b>Adults (ages 18-49) \$25</b> <b>Seniors (ages 50 and older) \$10</b>	



## Wheelchair Basketball

Wheelchair Basketball is back in Cincinnati! **Come be a part of the Cincinnati Royals Basketball Team! This year, we will be a part of the National Wheelchair Basketball Association (NWBA).** Weekly practices begin in the fall for individuals ages 16 and older that have physical disabilities and independent functioning skills. **Motorized chairs will not be allowed in this program.** Please contact Adam for additional info!

	Fall	Winter
Ages:	13 and Older	13 and Older
Day:	Tuesdays	Tuesdays
Begin/End:	September 22 – December 15	January 5 – April 5
<b>Cancellations:</b>	<b>None</b>	<b>None</b>
Time:	6:30 – 8:30 pm	6:30 – 8:30 pm
Location:	LeBlond RecPlex	LeBlond RecPlex
Code:	WCBF15	WCBW16
Fee:	*PSC Pass = \$25	*PSC Pass = \$25
Registration Deadline:	Friday, September 18	Wednesday, December 30
Contact Person:	Adam (513)352-4629	Adam (513)352-4629
<b>*Center Membership Fees:</b>	<b>Juniors (ages 17 and younger) \$2</b> <b>Adults (ages 18-49) \$25</b> <b>Seniors (ages 50 and older) \$10</b>	



# Therapeutic Recreation Adapted Sports

## Wheelchair Football – Neighborhood Pick-Up Game!

Just about anyone can play this sport—a person who has a physical disability and uses a wheelchair (manual or power), persons with physical disabilities who do not use a wheelchair, and family and/or friends. We have six extra wheelchairs available for anyone to use to make this pick-up game fun and inclusive for all. Each Saturday, the rules will be adapted to fit the group that comes to play, allowing everyone to be included. Games are played in the gym at the LeBlond RecPlex.

	<b>Fall</b>	<b>Winter</b>
Ages:	8 and Older	8 and Older
Day:	Saturdays	Saturdays
Begin/End:	October 3 – December 19	January 9 – March 19
<b>Cancellations:</b>	<b>None</b>	<b>None</b>
Time:	10:30 am – 12:15 pm	10:30 am – 12:15 pm
Program Location:	LeBlond RecPlex	LeBlond RecPlex
Program Code:	FWCF15	WWCF16
Program Fee:	*PSC Pass = \$25	*PSC Pass = \$25
Registration Deadline:	Friday, September 25	Thursday, December 31
Contact Person:	Adam (513)352-4629	Adam (513)352-4629

**\*Center Membership Fees:**

Juniors (ages 17 and younger) \$2  
Adults (ages 18-49) \$25  
Seniors (ages 50 and older) \$10



## Join in on the Fun!

# Therapeutic Recreation Adapted Sports

## Goalball

Goalball is a competitive sport played three-against-three, indoors on a gym floor—**primarily by blind and visually impaired athletes**. A rubber ball with bells inside is used so that the players can track the ball. This game is played at the local school gym level, all the way up to the Paralympic level—internationally by Team USA. Even if you don't have a visual impairment, you can participate in this amazing sport! Come out and give this awesome game a try. For additional information on this fun program, please contact Adam.

	<b>Fall</b>	<b>Winter</b>
Ages:	8 and Older	8 and Older
Day:	Wednesdays	Wednesdays
Begin/End:	October 7 – December 16	January 6 – April 6
<b>Cancellations:</b>	<b>Wednesday, November 11</b>	<b>None</b>
Time:	6:30 – 8:30 pm	6:30 – 8:30 pm
Program Location:	LeBlond RecPlex	LeBlond RecPlex
Program Code:	FGB15	WGB16
Program Fee:	\$25	\$25
Registration Deadline:	Friday, September 25	Friday, December 18
Contact Person:	Adam (513)352-4629	Adam (513)352-4629

**\*Center Membership Fees:** Juniors (ages 17 and younger) \$2  
Adults (ages 18-49) \$25  
Seniors (ages 50 and older) \$10



*“Lack of Sight Does Not Equal Lack of Talent, Dreams, or Desires”*

**Other CRC Adapted Programs include . . .**

<b>Adapted Aquatics:</b>	<i>see pages 10-12</i>
<b>Arthritis Aquatics:</b>	<i>see page 14</i>
<b>Adapted Bowling:</b>	<i>see page 21</i>

**For additional information about our Adapted Sports Programs,**

**please contact Adam at (513)352-4629 or [adam.ayers@cincinnati-oh.gov](mailto:adam.ayers@cincinnati-oh.gov)**

# Sports and Fitness

## TR Basketball

Bulls – Lakers

The TR Basketball Program is designed for **competitive-level athletes** with the skills and knowledge to play regulation basketball. Games are scheduled against area Special Olympic teams. The season concludes with regional and state tournaments. Each athlete must have a current Special Olympic Medical Release in order to participate.

**An informational meeting is scheduled for Thursday, October 1, 6:30 pm at the Corryville Recreation Center.**



Ages:	16 & Older
Day:	Thursdays
Begin/End:	October 1 – March 31
<b>Cancellations:</b>	<b>November 26, December 24, December 31</b>
Program Location:	Corryville Center
Time:	6:30 – 8:30 pm
Program Code:	TRB15
Program Fee:	\$60 – to set up a payment plan, please contact Ashley at (513)352-4971
<b>Registration Deadline:</b>	<b>Friday, September 25</b>
Contact Person:	Ashley (513)352-4971

**\*Center Membership:** Juniors (ages 17 and younger) \$2  
Adults (ages 18-49) \$25  
Seniors (ages 50 and older) \$10



## Healthy Lifestyles for People with Disabilities

**Healthy Lifestyles for People with Disabilities is a Holistic Wellness Class.** The curriculum was developed and implemented in the state of Oregon with funding from The Center for Disease Control from 2001-2014. This program will use the self-determination model to give participants the tools they need to help them. Participants will:

- Understand and examine their personal values
- Gain knowledge of the five components of a healthy lifestyle
- Develop and follow a healthy lifestyle game plan

The Program uses a Healthy Lifestyles Wheel and will cover four areas of explanation: Physical Health, Social Health, Health through Meaningful Activities, and Emotional Health. After completion of the program, a monthly support group will meet on the first Monday of each month for two hours from 6:00 – 8:00 pm as part of the program. **Participants will be contacted for a prescreening meeting prior to the program starting.**

Ages:	18 and Older
Day:	Mondays
Dates:	October 5, 12, 19, 26, November 2, 9, 16
Time:	6:00 – 9:00 pm
Program Location:	LeBlond RecPlex
Program Code:	HL15
Min./Max. #:	5/15 Participants (Participants may bring a parent or caregiver with them)
Program Fee:	<b>FREE with the purchase of a CRC Center Membership</b>
Registration Deadline:	Friday, September 25
Contact Person:	Teresa (513)352-4962 or Alayne (513)352-4945

**\*Center Membership:** Adults (ages 18-49) \$25  
Seniors (age 50 and older) \$10





# Sports and Fitness

## TR Bowling

Participating in our Bowling Program is a wonderful way to improve your health and fitness! Bowlers of all experience levels are encouraged to participate in this inclusive program—family and friends are welcome, too. Come on out to Brentwood Bowl on Saturday afternoons and join in on the fun!

### Team Bowling

Team Bowling is designed for the competitive level bowlers who wish to be on a bowling team and participate in a league. **Weekly attendance is required to participate on a team.** Each athlete will be placed on a team by the league coordinator.

### Open Bowling

Open Bowling is designed for beginners and/or those who are unable to attend on a weekly basis. Friends and family are encouraged to register and participate in this program.

### Adapted Bowling

Adapted Bowling is designed for individuals with physical disabilities. Bowling ramps are available.

### Junior Bowling

Junior Bowling is for younger bowlers (ages 6-17), and is designed to give them the chance to experience the fun and excitement of bowling. Bumper lanes and ramps are available. Friends and family are encouraged to register and participate in this program. **We do request parent/guardian attendance throughout the program.**

### Registration Information for All Bowling Programs

Ages: 6 and Older  
Day: Saturdays  
Begin/End: October 3, 2015 – April 16, 2016  
**Cancellations:** November 7 and 28, December 26, and January 2  
Time: 11:45 am – 2:00 pm  
Program Location: Brentwood Bowl  
Program Codes: Adapted Bowling AB16  
Junior Bowling JB16  
Open Bowling OB16  
Team Bowling TB16  
Program Fee: \$50  
**Bowling Banquet:** The end of season Bowling Banquet's date, time, and place will be determined during the bowling season. The fee to attend the banquet will be \$25 for registered participants, and \$19 for parents/staff. This year, all registered bowlers will be awarded a Participation Trophy. Team and Individual Trophies will not be awarded.  
Contact Person: Teresa (513)352-4962



**In addition to the program registration fee, a weekly bowling fee of \$6.00 is required to be paid on site for shoes and 3 games.**

**Please bring exact change.**

**Please Note:** Due to the number of bowlers, our ability to provide individual assistance is limited. **Parent/Guardian/Staff assistance is requested for those unable to bowl independently.**

**Check-In/Registration:** Please arrive at the bowling alley by 11:30 am—bowling will begin promptly at 11:45 am. Bowlers arriving after 11:45 am will be marked as absent and have to wait until the next game to be added back in, as we must be finished bowling by 2:00 pm. Bowling staff will be available to start collecting payments starting at 10:30 am.

**Please Note:** Access Riders should be scheduled for pick-up between 2:00 – 2:30 pm. Late pick-ups may be charged a late fee after 2:30 pm.

# Inclusive Sports and Fitness at the LeBlond RecPlex

**Individuals with and without disabilities participating in activities together!**

## Indoor Group Cycling

**This exciting class uses an indoor bike to simulate situations similar to riding a bike outdoors!** Movements include hill climbs, sprints, and interval training. Our instructor uses music, motivation, and enthusiastic coaching to lead you through a ride that best suits your fitness level and goals. This program welcomes participants of all fitness levels, but as with any exercise program, please consult your physician before starting. Participants must wear gym shoes, and bring water to drink and a towel to dry off to each class. Please call Mark at least one hour before you would like to reserve a bike, and plan on arriving 15 minutes prior to the start of class so that you can prepare your bike.

Ages: 18 and Older  
Days/Times: Monday and Wednesday evenings from 6:15 – 7:00 pm  
Tuesday and Thursday mornings from 11:00 am – 12:00 pm  
Wednesday and Friday evenings from 5:15 – 6:00 pm  
**Participants must call at least one hour before they would like to reserve a bike to use.**  
Program Location: LeBlond RecPlex  
Program Code: CYC156  
Program Fee: **FREE to anyone with a CRC Membership!**  
**Adults (ages 18-49) \$25 / Seniors (ages 50 and older) \$10**  
Contact Person: Mark (513)352-4013



## Fitness Room Orientation

Visit us at the LeBlond RecPlex so that we can provide you with an orientation to our Fitness Room! We will assist individuals 18 and older with information regarding fitness fundamentals, safe exercise practices, our equipment, and the CRC Fitness Room Rules! Orientations are available on Mondays and Wednesdays from 2:00 – 3:00 pm, or by appointment. **These orientations are FREE to anyone with a CRC Membership.** Please call Mark at (513)352-4013.

## Personal Training

We offer personal training with a Certified Personal Trainer! We will provide individual personal training at the LeBlond RecPlex and will develop and evaluate a personalized fitness program plan just for you. Participants 18 and older will complete a baseline fitness assessment and will develop both short and long term fitness goals. These trainings are available on Mondays and Thursdays from 2:00 – 3:00 pm, or by appointment. **This program is FREE to anyone with a CRC Membership.** Please contact Mark at (513)352-4013.

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## Partnership with Special Olympics

### Special Olympics Powerlifting and Adapted Strength Training Group

Join us at the LeBlond RecPlex to **Get Strong and Fit!** Special Olympics Powerlifting is much more than deadlifts, squats, or bench presses. Training, determination, and attitude are the key elements that define the balance between a successful or failed attempt. This program provides an on-site trainer to introduce participants to equipment and to help with adapting exercises for individuals with cognitive disabilities. Practice takes place every Friday from 6:30 – 7:30 pm **and is FREE if you have a CRC Membership.** For questions about this program or to register, please contact Mark at (513)352-4013.

# Social and Leisure Programs

## Karaoke Night

The stage is yours! This is our monthly inclusive Musical Entertainment Night for adults, where you join in, and positively applaud and support one another's special talents. If you enjoy music, meeting old as well as new friends, and expressing your creative self—these monthly Saturday nights are the perfect place to be! High attendance is expected at this program, therefore, minimal supervision will be provided.



Ages:	18 & Older
Day:	Saturdays
Dates:	October 10, November 14, December 12, January 9, February 13, March 12, April 9, May 14
Time:	6:30 – 9:00 pm
Program Location:	LeBlond RecPlex
Program Code:	KN1516
<b>Max. # Participants:</b>	<b>30</b>
Program Fee:	\$40
Registration Deadline:	Friday, October 2
Contact Person:	Teresa (513)352-4962

**\*Center Membership Fees:**      **Adults (ages 18-49) \$25**  
**Seniors (ages 50 and older) \$10**

## Dances

Come and celebrate the seasons by dancing, socializing with friends, and enjoying a delicious meal! Participants will have the opportunity to improve life skills such as socialization, communication, and how to display appropriate public behavior. Our dances require advance registration due to group rates and/or meal preparation. Please note the registration deadlines and be aware that some dances may fill to capacity prior to the registration deadline. Group Home staff and aides are very welcome to attend, however, it is imperative that we are notified of their wish to attend at the time of the participant's registration. Please use the Program Registration Form to indicate staff/aide attendance and include the necessary payment. **No one will be permitted to register at the door the day of the dance.**

	Hoe Down Dance	Disco Fever Dance	Sweetheart Dance
	Dinner Included	Dinner Included	Dinner Included
Ages:	18 & Older	18 & Older	18 & Older
Date:	Friday, November 6	Friday, December 11	Friday, February 12
Time:	6:30 – 9:00 pm	6:30 – 9:00 pm	6:30 – 9:00 pm
Program Location:	LeBlond RecPlex	LeBlond RecPlex	LeBlond RecPlex
Program Code:	HD15	DFD15	SD16
Program Fee:	\$25 • Staff/Aide \$19	\$25 • Staff/Aide \$19	\$25 • Staff/Aide \$19
Registration Deadline:	Friday, October 30	Friday, December 4	Friday, February 5
Contact Person:	Alayne (513)352-4945	Alayne (513)352-4945	Alayne (513)352-4945

**\*Center Membership Fees:**      **Adults (ages 18-49) \$25**  
**Seniors (ages 50 and older) \$10**

## Parrot Head Dance

**Take advantage of being a member of the Cincinnati Recreation Commission! This dance is offered to all individuals who have a CRC Center Membership—for FREE!** This will be a casual dance with light refreshments being served.



Ages:	18 & Older
Date:	Friday, March 18
Time:	6:30 – 9:00 pm
Program Location:	LeBlond RecPlex
Program Code:	PHD16
Program Fee:	<b>FREE! For Members of CRC</b>
Registration Deadline:	Friday, March 11
Contact Person:	Alayne (513)352-4945



# Social and Leisure Programs

Our social and leisure programs require advance registration due to group rates or meal preparation. Please note the registration deadlines and be aware that these events may fill to capacity prior to the registration deadline. Participant staff/aides are very welcome to attend, however it is imperative that we are notified of their wish to attend at the time of the participant's registration. Please use the Program Registration Form to indicate staff/aide attendance and include the necessary payment.

**Participants registered for our programs must arrive no later than 15 minutes after the scheduled arrival time or there will be a risk of being left behind. Due to safety reasons, unless otherwise stated, participants are not to be dropped off and/or picked up at the actual outing location.**

## Overnight Camping Trip

Join us for a fun camping experience at Adventure Outpost in Winton Woods! Participants will hike, canoe, fish, play games, and prepare meals in the great outdoors. The evening will include a campfire and tasty S'mores! Participants will fall off into a dreamy sleep in cabins under the stars. New leisure skills will be learned and social skills will be practiced.

**Please Note: Individuals attending this trip must be able to dress, eat meals, prepare for bed and sleep independently.**

Ages:	18 and Older
Dates:	Saturday and Sunday, September 19 and 20
Program Location:	Adventure Outpost in Winton Woods
Drop-Off/Pick-Up Site:	<b>Drop-Off</b> is on Saturday at 1:00 pm at the Adventure Outpost in Winton Woods <b>Pick-Up</b> is on Sunday at 1:00 pm at the Adventure Outpost in Winton Woods
Code:	OCTF15
Min./Max. #:	Limited to 10 females and 10 males due to cabin sleeping spaces.
Fee:	\$100
Registration Deadline:	Friday, September 4
Contact Person:	Teresa (513)352-4962



Once registered, additional paperwork will be mailed to each participant. A liability waiver form and a medical form will need to be completed and submitted to our office prior to participation.

**For additional information about CRC programs,  
please visit us at [www.cincyrec.org](http://www.cincyrec.org)**



# Social and Leisure Programs

## The Social Club

Our Social Club is for those of you who would like to join in with some of your old friends and make new friends along the way! We'll work on socialization skills and enjoy appropriate interaction with our peers! Sound fun? Join the club and let's get started!!!

## Ride the Ducks . . . The Haunted Tour!

Ages: 18 and Older  
Date: Friday, October 16  
Program Location: Newport on the Levee  
Drop-Off/Pick-Up Location: LeBlond RecPlex  
Time: 5:00 – 9:00 pm  
Program Code: RIDE15  
Min./Max. #: 3/10 Participants  
Program Fee: \$25, Staff/Aide \$18  
Registration Deadline: Friday, September 25  
Contact Person: Teresa (513)352-4962



**\*Center Membership Fees:** Adults (ages 18-49) \$25  
Seniors (ages 50 and older) \$10



## Pumpkin Carving Night

Ages: 18 and Older  
Date: Wednesday, October 28  
Program Location: LeBlond RecPlex  
Time: 6:00 – 8:00 pm  
Program Code: PCN15  
Min./Max. #: 3/12 Participants  
Program Fee: \$15  
Registration Deadline: Friday, October 2  
Contact Person: Teresa (513)352-4962

**\*Center Membership Fees:** Adults (ages 18-49) \$25  
Seniors (ages 50 and older) \$10

## Dinner at Bob Evans in Western Hills

Ages: 18 and Older  
Date: Monday, November 2  
Program Location: Bob Evans in Western Hills  
Drop-Off/Pick-Up: Bob Evans in Western Hills  
Time: 5:00 – 6:15 pm  
Program Code: BE15  
Min./Max. #: 3/6 Participants  
Program Fee: \$8 Registration Fee  
**Each participant will be responsible for their meal and tip.**  
Registration Deadline: Friday, October 23  
Contact Person: Teresa (513)352-4962



# Social and Leisure Programs

## The Social Club



### Game Works

Ages: 18 and Older  
Date: Wednesday, November 4  
Program Location: Newport on the Levee  
Drop-Off/Pick-Up: LeBlond RecPlex  
Time: 5:30 – 9:30 pm  
Program Code: GW15  
Min./Max. #: 3/10 Participants  
Program Fee: \$8 Registration Fee  
**Additional info on cost for dinner and play cards will be available once registered. Each participant will be responsible for the purchase of dinner, tip, and play cards.**  
Registration Deadline: Friday, October 16  
Contact Person: Teresa (513)352-4962

**\*Center Membership Fees:** Adults (ages 18-49) \$25  
Seniors (ages 50 and older) \$10

## Holiday Crafts

Ages: 18 and Older  
Date: Wednesday, December 2  
Program Location: LeBlond RecPlex  
Time: 6:00 – 8:00 pm  
Program Code: HC15  
Min./Max. #: 3/12 Participants  
Program Fee: \$25  
Registration Deadline: Friday, November 20  
Contact Person: Teresa (513)352-4962

**\*Center Membership Fees:** Adults (ages 18-49) \$25  
Seniors (ages 50 and older) \$10



### Festival of Lights

Ages: 18 and Older  
Date: Monday, December 7  
Program Location: Cincinnati Zoo  
Drop-Off/Pick-Up: Clifton Center  
Time: 5:00 – 9:00 pm  
Program Code: FOL15  
Min./Max. #: 3/10 Participants  
Program Fee: \$25, Staff/Aide \$18  
***Don't forget money for dinner and snacks!***  
Registration Deadline: Friday, November 20  
Contact Person: Teresa (513)352-4962

**\*Center Membership Fees:** Adults (ages 18-49) \$25  
Seniors (ages 50 and older) \$10



# Social and Leisure Programs

## The Social Club

### Sallywag Tag and Putt-Putt

Ages: 18 and Older  
Date: Wednesday, January 13  
Program Location: Sallywag Tag West  
**Drop-Off/Pick-Up: Sallywag Tag West**  
Time: 6:30 – 8:30 pm  
Program Code: STPP16  
Min./Max. #: 3/10 Participants  
Program Fee: \$25, Staff/Aide \$18  
Registration Deadline: Friday, January 8  
Contact Person: Teresa (513)352-4962



### Pizza and Movie Night

Ages: 18 and Older  
Date: Friday, January 29  
Program Location: LeBlond RecPlex  
Time: 6:00 – 8:45 pm  
Program Code: PMN16  
Min./Max. #: 3/15 Participants  
Program Fee: \$15  
Registration Deadline: Friday, January 22  
Contact Person: Teresa (513)352-4962

**\*Center Membership Fees:** Adults (ages 18-49) \$25  
Seniors (ages 50 and older) \$10

### Cyclones Game

Ages: 18 and Older  
Date: February – Date TBA  
Program Location: US Bank Arena  
Time: TBA  
Program Code: CG16  
Min./Max. #: 3/10 Participants  
Program Fee: \$25, Staff/Aide \$18  
*Don't forget money for snacks/souvenirs!*  
Registration Deadline: Friday, January 29  
Contact Person: Teresa (513)352-4962

**\*Center Membership Fees:** Adults (ages 18-49) \$25  
Seniors (ages 50 and older) \$10



# Social and Leisure Programs

## The Social Club

# GAMES

### Game Night at LeBlond

Ages: 18 and Older  
Date: Wednesday, February 17  
Program Location: LeBlond RecPlex  
Time: 6:00 – 8:00 pm  
Program Code: GNL16  
Min./Max. #: 3/15 Participants  
Program Fee: \$10  
Registration Deadline: Friday, February 5  
Contact Person: Teresa (513)352-4962

**\*Center Membership Fees:** Adults (ages 18-49) \$25  
Seniors (ages 50 and older) \$10

## Recycled Crafts

Ages: 18 and Older  
Date: Wednesday, March 23  
Program Location: LeBlond RecPlex  
Time: 6:00 – 8:00 pm  
Program Code: RCL16  
Min./Max. #: 3/12 Participants  
Program Fee: \$10  
Registration Deadline: Friday, March 4  
Contact Person: Teresa (513)352-4962

**\*Center Membership Fees:** Adults (ages 18-49) \$25  
Seniors (ages 50 and older) \$10



### Dinner at LaRosa's

Ages: 18 and Older  
Date: Wednesday, March 2  
Program Location: LaRosa's on Boudinot  
**Pick-Up/Drop-Off: LaRosa's on Boudinot**  
Time: 6:30 – 7:45 pm  
Program Code: LRB16  
Min./Max. #: 3/6 Participants  
Program Fee: \$8 Registration Fee  
**Each participant will be responsible for their meal and tip.**  
Registration Deadline: Friday, February 19  
Contact Person: Teresa (513)352-4962



# Social and Leisure Programs

## Ladies Night!

This program is all about having fun with the ladies—no boys allowed! Our group, ages 18 and older, will participate in a variety of activities and events geared towards ladies only! From fall through spring we will enjoy socializing, shopping, hanging out and creating crafts. Join us for some fun-filled activities! You'll be sure to enjoy time spent with some old friends, and make some new friends along the way! Let's get started . . .

## Pumpkin Painting

Ages: 18 and Older  
Date: Wednesday, October 21  
Program Location: LeBlond RecPlex  
Time: 6:00 – 8:00 pm  
Program Code: PP15  
Min./Max. #: 3/12 Participants  
Program Fee: \$15  
Registration Deadline: Friday, October 2  
Contact Person: Teresa (513)352-4962

**\*Center Membership Fees:** Adults (ages 18-49) \$25  
Seniors (ages 50 and older) \$10



## Shopping Night at Kenwood Towne Centre

Ages: 18 and Older  
Date: Wednesday, November 18  
Program Location: Kenwood Towne Centre  
Drop-Off/Pick-Up Site: LeBlond RecPlex  
Time: 6:00 – 9:00 pm  
Program Code: KTC15  
Min./Max. #: 3/10 Participants  
Program Fee: \$10 – *Don't forget money for shopping and snacks!*  
Registration Deadline: Friday, November 6  
Contact Person: Teresa (513)352-4962

**\*Center Membership Fees:** Adults (ages 18-49) \$25  
Seniors (ages 50 and older) \$10

## Cookie Decorating Night

Ages: 18 and Older  
Date: Wednesday, December 16  
Program Location: LeBlond RecPlex  
Time: 6:30 – 7:45 pm  
Program Code: CDN15  
Min./Max. #: 3/12 Participants  
Program Fee: \$15  
Registration Deadline: Friday, December 4  
Contact Person: Teresa (513)352-4962

**\*Center Membership Fees:** Adults (ages 18-49) \$25  
Seniors (ages 50 and older) \$10



# Social and Leisure Programs

## Ladies Night!



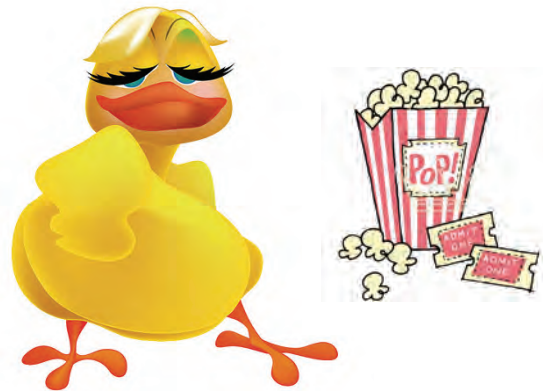
### Dinner at Cheddar's Northgate

Ages: 18 and Older  
Date: Wednesday, January 20  
Program Location: Cheddar's Northgate  
**Pick-Up/Drop-Off: Cheddar's Northgate**  
Time: 5:00 – 6:30 pm  
Program Code: CHED16  
Min./Max. #: 3/6 Participants  
Program Fee: \$8 Registration Fee  
**Each participant will be responsible for their meal and tip.**  
Registration Deadline: Friday, January 8  
Contact Person: Teresa (513)352-4962

## Chick Flick Friday!

Ages: 18 and Older  
Date: Friday, February 19  
Program Location: LeBlond RecPlex  
Time: 6:00 – 8:45 pm  
Program Code: CFF16  
Min./Max. #: 3/15 Participants  
Fee: \$15 (includes snacks)  
Registration Deadline: Friday, February 5  
Contact Person: Teresa (513)352-4962

**\*Center Membership:** Adults (ages 18-49) \$25  
Seniors (ages 50 and older) \$10



## Spring Crafts

Ages: 18 and Older  
Date: Wednesday, March 16  
Program Location: LeBlond RecPlex  
Time: 6:00 – 8:00 pm  
Program Code: SCL16  
Min./Max. #: 3/12 Participants  
Program Fee: \$25  
Registration Deadline: Friday, March 4  
Contact Person: Teresa (513)352-4962

**\*Center Membership:** Adults (ages 18-49) \$25  
Seniors (ages 50 and older) \$10



**Therapeutic Recreation**  
805 Central Avenue, Suite 800  
Cincinnati, OH 45202  
Phone: 513.352.4028 / Fax: 513.352.4637  
[www.cincyrec.org/TR](http://www.cincyrec.org/TR)

# Program Registration Form

Would you like to receive program guides or e-mails?

Program Guides \_\_\_\_\_ E-Mails \_\_\_\_\_

Please complete the front and back of this form by providing us with the information that has been requested. For legibility purposes, please print all information that you provide. Return this form with a check or money order made payable to **Cincinnati Recreation Commission**. If paying by credit card (MasterCard/Visa), please call our office with your card information. Registration Forms and payment may be mailed to The Cincinnati Recreation Commission (address above). For additional information, please call us at (513)352-4028. Need additional registration forms? Please visit our website at [www.cincyrec.org/TR](http://www.cincyrec.org/TR)!

## Participant Information

First Name	Last Name	Date of Birth	Age	Gender	T-Shirt Size (Child/Adult)
Street Address		City	State		Zip Code
Home Phone		Alternate Phone(s) - other than home		E-Mail Address	
Parent/Guardian Name		Relationship		Phone Number(s)	
Parent/Guardian Name		Relationship		Phone Number(s)	
Emergency Contact Name (other than parent)		Relationship		Phone Number(s)	
Group Home / Agency		Contact Name		Phone Number(s)	

## Disabling Condition

Please identify the participant's disabling condition. Circle all that applies to the participant and/or write in any disabling condition not listed.

Amputation	Cerebral Palsy	Mental Illness	Spinal Cord Injury -
Arthritis	Childhood Disintegrative Disorder	Intellectual Disability: Mild - Moderate - Severe	Injury Level: _____
Asperger Syndrome	Down Syndrome	Muscular Dystrophy	Vision Impairment -
Attention Deficit Disorder	Head Injury	Multiple Sclerosis	Blind - Low Vision - Other
Autism	Hearing Impairment / Deaf	Rett's Syndrome	Other: _____
Behavioral Disorder	Learning Disability - Type _____	Spina Bifida	_____

Does the participant walk independently? ☐ Yes ☐ No

If not, what type of assistance is required? ☐ Wheelchair ☐ Walker ☐ Other (please specify) \_\_\_\_\_

Does the participant eat independently? ☐ Yes ☐ No

If not, what type of assistance is required? \_\_\_\_\_

Does the participant dress independently? ☐ Yes ☐ No

If not, what type of assistance is required? \_\_\_\_\_

Does the participant use the bathroom/toilet independently? ☐ Yes ☐ No

If not, what type of assistance is required? \_\_\_\_\_

Does the participant communicate through speech? ☐ Yes ☐ No Use Boardmaker? ☐ Yes ☐ No

If not, what type of communication is used? \_\_\_\_\_

Additional information that would assist in programming for the participant: \_\_\_\_\_  
over \_\_\_\_\_



**Medical Information** - Please circle all that apply to the participant.

Allergies (specify below)

Catheter

Hearing Aid

Scoliosis

Arthritis

Diabetes

Heart Condition

Shunt

Asthma

Diet Restriction

Hemophilia

Tracheotomy

Atlantoaxial Subluxation

Ear Tubes

High Blood Pressure

Other: \_\_\_\_\_

Braces (Orthopedic)

Glasses

Prosthesis

Please provide specific information for medical conditions we should be aware of (allergies, activity restrictions, etc.):

Does the participant have seizures: ☐ Yes ☐ NoIf yes, what type? ☐ Grand Mal ☐ Petit Mal ☐ Other \_\_\_\_\_

If yes, how often does the participant have seizures? \_\_\_\_\_ Date of last seizure: \_\_\_\_\_

Please identify the name, dosage and time of any medication the participant is currently taking:

**Medication** Name \_\_\_\_\_ Dosage \_\_\_\_\_ Time \_\_\_\_\_

Name \_\_\_\_\_ Dosage \_\_\_\_\_ Time \_\_\_\_\_

Name \_\_\_\_\_ Dosage \_\_\_\_\_ Time \_\_\_\_\_

**CRC Membership Info:** Do you have a Center Membership with CRC? ☐ Yes ☐ No If yes, please provide your Center Membership Number \_\_\_\_\_. Center Memberships are valid for 12 months from the date of purchase. For additional information about Memberships and/or Scholarships, please call us at (513)352-4028.

**Program Information** - Please provide us with the participant's program choices below.

Program Code	Program Name / Location / Preferred Swim Time	Fee
		\$
		\$
		\$
		\$
Center Membership Fees	Juniors (ages 17 and under) = \$2    Adults (ages 18-49) = \$25    Seniors (ages 50 and older) = \$10	\$
Please remember to register staff/aides for each program, if applicable! Interested in making a donation? Please call us at (513)352-4028!		
Method of Payment: Cash _____ Check _____ Money Order _____ Credit Card _____ <b>call us with card info</b>	Amount Enclosed	\$

Transportation: ☐ Self ☐ Parent/Guardian ☐ Metro ☐ Group Home Staff ☐ Access - I.D.# \_\_\_\_\_**Participant / Parent / Guardian Release**

As a participant or as a parent/guardian of the participant in this program, I recognize that there are certain risks of physical injury and I agree to assume the full risk of any injuries, damages or loss resulting from participation in any and all activities connected with or associated with such program. I agree to waive and relinquish all claims I may have, as a result of my or my son's/daughter's participation in the program, against the Cincinnati Recreation Commission, City of Cincinnati, and their agents, employees, staff and volunteers. I do hereby fully release and discharge the Cincinnati Recreation Commission, City of Cincinnati and their agents, employees, staff and volunteers for any and all claims from injuries, damage or loss which I have or which may accrue to me on account of my son's/daughter's participation in the program. I further agree to protect, defend and hold harmless the Cincinnati Recreation Commission, City of Cincinnati, and their agents, employees, staff and volunteers from any and all claims resulting from injuries, damage or losses sustained by myself or my son/daughter or arising out of, connected with, or in any way associated with the activities of the program. I have read and fully understand this release form. **Before registration in this program(s) is valid, this release form must be signed by the participant or the participant's parent or legal guardian.**

Signature of Participant / Parent / Guardian \_\_\_\_\_ Date \_\_\_\_\_

**Multi-Media Release**

I, the undersigned, hereby authorize the Cincinnati Recreation Commission to utilize photographs, videotapes, voice recordings, etc. of the participant to be used exclusively for promotion, advertising and marketing of the Cincinnati Recreation Commission and its programs.

Signature of Participant / Parent / Guardian \_\_\_\_\_ Date \_\_\_\_\_



# GUIDELINES

## For Participants, Parents, and Guardians

**Prior to participating in any TR program, each participant must submit a current Program Registration Form, complete with participant/parent/guardian signature, to the Therapeutic Recreation Office.** Please include all information requested to help the TR staff take appropriate precautions when planning programs. It is essential that we have a phone number where the parent/guardian can be reached during the program hours.

The TR staff members are not responsible for the supervision of participants before or after the designated program times. The TR staff members are not responsible for providing transportation from the program site to the participant's home at the conclusion of the program. Participants using ACCESS transportation must schedule drop-off/pick-up times within the designated program times.

If someone other than the parent/guardian will be picking up a participant at the conclusion of the program, advance written notification must be given to the program director. A late pick-up fee of \$5 for each quarter hour will be assessed to any parent/guardian late in picking up the participant at the conclusion of the program.

### Guidelines for Managing Behavior

The TR staff members are instructed to use positive reinforcement and to provide a structured program in order to minimize negative behaviors. If negative behavior should occur, a brief time-out is the approved method of behavior management. If a behavior plan has been developed, or if you have specific techniques used at home, please inform the TR staff so we may support your efforts. If, in the opinion of the TR staff, a participant becomes unmanageable and potentially dangerous to themselves or others, the parent/guardian will be contacted to take the participant home. If a participant leaves the program site during program hours and the TR staff are unable to return the participant without risk of injury, the parent/guardian will be contacted to take the participant home. If the parent/guardian is unable to be reached or does not respond quickly, the TR staff may be required to call for police assistance. Staff members who are trained/certified in Non-Violent Crisis Intervention (CPI) will intervene in the management of aggressive behavior with participants enrolled in our programs. A participant who becomes physically aggressive with others in the program setting may be subject to specific "holds" designed to physically control aggressive individuals. These holds are non-aversive and are only used as a last resort (if the participant has become a danger towards themselves or others).

### Participants with Specific Health/Medical Issues

Due to the physical requirements of some activities, participants with certain health or medical conditions may be asked to provide a physician's written consent prior to participation. For participants requiring medication during program hours, a medication waiver form must be completed and submitted prior to the TR staff assisting with the administration of medication.

### Guidelines for Residential Agencies

If a group of four or more participants from a specific agency attend a TR Program, we request that a staff member from the agency attends the program and assists the TR staff in leading the activities. In the event your agency will not be attending a program for which you have registered, please notify the TR Office in advance. If the decision not to attend is made late, please attempt to notify the program director. Agency staff attending events or outings must provide the necessary payment for meals and/or admission fees (see Registration for All Therapeutic Recreation Programs).

# REGISTRATION

## For all Therapeutic Recreation Programs

**Complete the Program Registration Form (insert).** List the program code, name, location and fee for each program registering for.

**Mail the completed form with a check or money order to the Cincinnati Recreation Commission, Division of Therapeutic Recreation, 805 Central Ave., Ste. 800, Cincinnati, OH, 45202.** Make the check or money order payable to the Cincinnati Recreation Commission. There is a \$30 fee for any dishonored check submitted. Please do not send cash through the mail. We also accept credit card payments (MasterCard/Visa) for program registration. Please complete and submit a program registration form, and then call our office with the credit card information.

**The CRC Division of Therapeutic Recreation is now a State of Ohio Medicaid Waiver Provider for Level 1 and I/O waivers. Prior to approval to use a waiver as payment for TR programs, a deposit must first be made for the program of choice. At this time, waivers may be used to pay for our Adapted Aquatics and TR Sharks Swim Team Programs, and our TR Summer Day Camps.**

**The Division of Therapeutic Recreation has created a scholarship fund to assist participants who may need financial assistance with program registration/membership fees (with the exception of our TR and Inclusive Summer Day Camp Programs). Please request a scholarship application form by calling our office at (513)352-4028. If you are interested in contributing to the scholarship fund, please contact Alayne at (513)352-4945.**

**Program registration will not be accepted without program payment.** The program registration form and payment must be received in our office before the participant may attend the program. The Participant/Parent/Guardian release must be signed prior to participation. Please call us for information about programs or if you need help with registration.

**We do send confirmation of registration.** If the program has reached capacity or your registration is unable to be accepted for another reason, you will be notified and payment refunded. Please note the registration deadlines for each program! Registrations may not be accepted after the deadline.

**Refunds of program fees are considered** if the program is cancelled or filled to capacity, if the participant has a verified medical reason, or, in the opinion of the TR staff, the placement is inappropriate.

Certain programs such as dances and outings that require purchases of meals and/or admission tickets in advance may be refunded up until the published registration deadline for the program. If an individual on a waiting list for a program can be substituted for an individual requesting a refund, we will attempt to satisfy all parties' requests.

There will be no refunds for weather related cancellations for therapeutic recreation programs that meet on an ongoing basis or have multiple sessions. Other types of refunds for cancellations will be evaluated as they occur.

**During inclement weather, please listen to our Local Channel 12 to find out about program cancellations.**

# Cincinnati Recreation Commission

## Facility Directory

### CRC Recreation Centers

Bond Hill	1501 Elizabeth Pl. (37)	242-9565
Bush	2640 Kemper Ln. (06)	281-1286
Clifton	320 McAlpin Ave. (20)	961-5681
College Hill	5545 Belmont Ave. (24)	591-3555
Corryville	2823 Eden Ave. (19)	221-0888
Dunham Complex	4356 Dunham Ln. (38)	251-5862
Evanston	3204 Woodburn Ave. (07)	861-9417
Hartwell	8275 Vine St. (16)	821-5194
Hirsch	3630 Reading Rd. (29)	751-3393
<b>LeBlond RecPlex</b>	<b>2335 Riverside Dr. (02)</b>	<b>352-4013</b>
Lincoln	1027 Linn St. (03)	721-6514
Madisonville	5320 Stewart Ave. (27)	271-4190
McKie	1655 Chase Ave. (23)	681-8247
Millvale	3303 Beekman St. (25)	352-4351
Mt. Washington	1715 Beacon St. (30)	232-4762
North Avondale	617 Clinton Springs (29)	961-1584
Oakley	3882 Paxton Ave. (09)	321-9320
Over the Rhine	1715 Republic St. (02)	381-1893
Pleasant Ridge	5915 Ridge Ave. (13)	731-7894
Price Hill	959 Hawthorne Ave. (05)	251-4123
Sayler Park	6720 Home City Ave. (33)	941-0102
Westwood Town Hall	3017 Harrison Ave. (11)	662-9109
Winton Hills	5170 Winneste Ave. (32)	641-0422

### Pools • Indoor & Deep Water

Mt. Auburn Pool	2034 Young St. (19)	381-6780
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### Additional TR Program Locations

<b>TR Main Office</b>	<b>2335 Riverside Dr. (02)</b>	<b>352-4028</b>
Bob Evans Restaurant	6318 Glenway Ave. (11)	389-0600
Brentwood Bowl	9176 Winton Rd. (31)	522-2320
Cheddar's Restaurant	3633 Springdale Rd. (51)	245-0984
Cincinnati Zoo	3400 Vine St. (20)	281-4700
Kenwood Towne Centre	7875 Montgomery Rd. (36)	745-9100
LaRosa's Restaurant	2411 Boudinot Ave. (38)	347-1111
Lunken Playfield	4750 Playfield Ln. (26)	321-1772
Newport on the Levee	1 Levee Way Newport, KY 41071	(859)291-0550
Scallywag Tag West	5055 Glencrossing Way (38)	922-4999
University of Cincinnati	2820 Bearcat Way (21)	556-0604
Keating Aquatic Center		
US Bank Arena	100 Broadway St. (02)	421-4111
Winton Woods	10299 McKelvey Dr. (31)	521-2345
Adventure Outpost		

### Golf Courses

Avon Fields	4081 Reading Rd. (29)	281-0322
California	5924 Kellogg Ave. (28)	231-6513
Glenview	10965 Springfield Pike (46)	771-1747
Neumann	7215 Bridgetown Rd. (48)	574-1320
Reeves	4757 Playfield Ln. (26)	321-2740
Woodland	5820 Muddy Creed Rd. (33)	451-4408

**CRC INFOLine (513)352-4000 ♦ TR Main Office (513)352-4028 ♦ [www.cincyrec.org/TR](http://www.cincyrec.org/TR)**

**Most Zip Codes are Prefix 452**  
**Most Phone Numbers are Area Code 513**

## Cincinnati Recreation Commission

Dawn Denno, President  
Chris Nelms, Vice President  
Otto M. Budig, Jr., Member  
Robert J. Davis, Member  
Ihsan A. Walker, Youth Commissioner  
Stephen J. Pacella, PGA, Interim Director  
Steve Gerth, Interim Superintendent